



TAEKWON-DO
CANADA

Grand Master Clint Norman, IX
CTFI President

NATIONAL TECHNICAL SEMINAR

& MASTER CLASS



APRIL 20-21, 2024



VERNON, B.C.



Grand Master Pierre Laquerre, IX
CTFI Technical Director



More Information
www.CTFI.org

Hosted By: Sundance Martial Arts



MIGHTYFIST
CANADA
MARTIAL ARTS
SUPPLIES

2024 National Technical Seminar & Master Class

OFFICIAL INVITATION

January 23, 2024

Dear Grand Masters, Masters, Instructors and Students:

Sundance Martial Arts and the ITF of B.C. are proud to present a very special **CTFI National Technical Seminar & Master Class** with Grand Master Pierre Laquerre, IX Dan, Canadian Technical Director and ITF Technical Committee member, and Grand Master Clint Norman, IX Dan, CTFI President and ITF Senior Vice President, to be held in the beautiful Vernon, B.C. on April 20-21, 2024. Please see the attached pages for more information on schedules and accommodations.

We are very honoured to have been chosen as the host for what promises to be a wonderful weekend of training and we hope you will join us. If you have any questions, please contact Mr. David White at (250) 306-2285. For more up to date information and to register online visit www.CTFI.org We look forward to seeing you in Vernon!

Sincerely,



David White
Host



2024 National Technical Seminar & Master Class

REGISTRATION:

Only 100 Spots Available. Please register as soon as possible to guarantee your spot. Registration is only confirmed with payment in full and upon completion of the required registration form.

Open to Ages 10 and up, Blue Belt and Higher

Note: This course is required for promotion by CTFI to some black belt ranks. For more details, please go to <https://www.ctfi.org/black-belt-requirements-in-canada/>

Registration Deadline: April 13, 2024 @ 11 p.m. PDT

Registration Link: <https://sparkpages.io/?i= 3Jbb>

IMPORTANT: All participants MUST register online using the above link. Your registration is not complete, until the checkout page has been completed AND your registration form and waiver has been fully completed and signed on the following page. If you require assistance, please contact the host.

HOST: Mr. David White, VI Degree
Sundance Martial Arts Ltd.
Phone: (250) 306-2285
Email: instructor@sundancemartialarts.com

SANCTIONED BY: Canadian Taekwon-Do Federation International & International Taekwon-Do Federation of B.C.

SPONSORED BY: Mightyfist Canada Martial Arts Supplies

WHAT TO BRING:

- ITF Approved Dobok (Jacket, Pants and Belt indicating the wearer's rank)
- Water Bottle
- Towel
- Training Shoes (if needed)
- A snack or lunch if desired
- Full set of sparring equipment

PARTICIPANT FEES:

\$75.00 CAD (4th Gup to 1st Gup)

\$125.00 CAD (1st Dan to 8th Dan)



2024 National Technical Seminar & Master Class

SCHEDULE OF EVENTS & VENUES

Saturday, April 20th - National Technical Seminar: All Participants

Venue: W.L. Seaton Secondary School (2701 41st Avenue, Vernon, BC)

Directions: <https://maps.app.goo.gl/xQedsEmsb3uZTjLu5>

08:00 Participant Arrival and Sign In

08:45 Line Up

09:00 Bow in and opening remarks.

09:10 Session #1 (open to all participants)

12:00 Lunch

13:00 Session #2 (open to all Black Belts)

16:30 Seminar Ends

18:00 Group Dinner (Location TBD)

Sunday, April 21st – Master Class: Participants 6th Degree Black Belt and Higher

Venue: Sundance Martial Arts (2905A 43 Avenue, Vernon, B.C.)

Directions: <https://maps.app.goo.gl/Ahhb23gBKuczam936>

08:00 Participant Arrival

08:45 Line Up

09:00 Master Class

12:00 Seminar Ends

13:30 Master Grading

DINNER:

A Group dinner will be held at a location to be determined at 18:00 on Saturday. We encourage ALL participants to attend! Stay tuned for details!



2024 National Technical Seminar & Master Class

OFFICIAL HOST HOTEL



Best Western Premier Route 97 Vernon

5350 Anderson Way
Vernon, BC V1T 9V2
Phone: (250) 558-5000

Special Discounted Rate: \$149/night

Standard Room with 2 Queen Beds (includes breakfast & free WiFi)

or

Executive King Suite w/Sofa Bed & Kitchenette (includes breakfast & free WiFi)

Booking Reference: "Taekwon-Do Seminar"

Booking deadline to receive the discounted rate: Monday, March 18, 2024

Online Booking Link:

https://www.bestwestern.com/en_US/book/hotel-rooms.62143.html?groupId=1R4XN6U7



2024 National Technical Seminar & Master Class

GETTING TO VERNON

By Air

Vernon is found in the North Okanagan only 30 minutes from **Kelowna International Airport (YLW)**

With direct flights to and from several major Canadian cities including Toronto, Vancouver, Calgary, Edmonton, and Regina, it's easy to get to the 2024 National Technical Seminar!



Once you get to YLW you will have a couple of options to get to the Host Hotel:

Car Rental: Several major car rental companies are conveniently located at YLW with great inventory and rates.

U-Ride: Our ride-share service in the region can get you to Vernon relatively inexpensively.

By Car

Vernon is easy to get to from anywhere in Western Canada!

- 4.5 Hours from Vancouver
- 6 Hours from Calgary
- 7 Hours from Prince George
- 8.5 Hours from Edmonton
- 13 Hours from Regina



THE BRAND OF CHAMPIONS



MIGHTYFIST
CANADA

mightyfistcanada.com



APPROVED



Proud to support Canadian athletes as
the official supplier to the CTFI